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SCI-FI FACT

IS FILM FICTION MOVING CLOSER TO REALITY?

{page 7}

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WINNIPEG metro®
Tuesday, January 31, 2012
www.metronews.ca
News worth sharing.

Accused hit wife 16 times with hatchet: Crown

Stobbe had 5.5 hours to commit the crime: Crown theory Case will rely on circumstantial evidence, testimony of 76 witnesses

Mark Stobbe became so enraged after an argument with his wife, he hit her with a hatchet 16 times, drove her body to a parking lot and returned home on bicycle to report her missing, a Crown attorney said Monday.

Stobbe, who had worked as an adviser to former Saskatchewan premier Roy Romanow before taking a job with the Manitoba government, committed a "brutal assault" on his wife in the backyard of their sprawling rural home, Crown attorney Wendy Dawson told court.

Stobbe has pleaded not guilty to second-degree murder in the death of his wife, Beverly Rowbotham, whose body was found in the family sedan in October 2000.

In her opening statement, Dawson painted a portrait of a once-happy family falling apart.

Life was good in Regina, where neighbours reported seeing the family playing together and laughing. But after the family moved to St. Andrews, a rural suburb north of Winnipeg, in early 2000, it was a different story.

Stobbe had taken a job with the Manitoba government and was working long hours, Dawson said. The home was in need of repairs, there were no other children for the family's kids to play with and, in the weeks before her death, Rowbotham told her sister that the marriage was troubled.

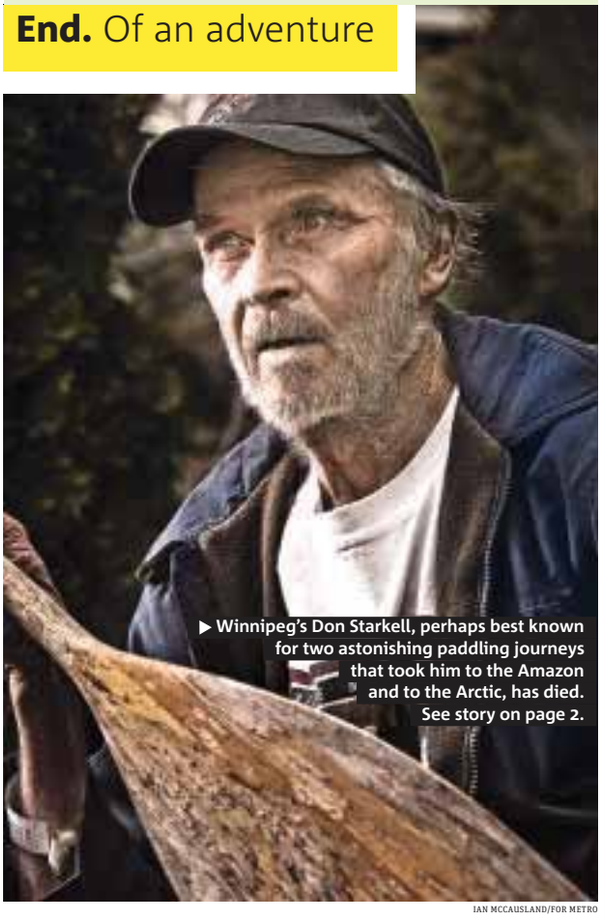
"She said, 'I don't know if I can do this anymore,' or words to that effect," Dawson told the jury.

The Crown's theory, based in part on forensic evidence, is that Stobbe attacked his wife in their backyard, hit her repeatedly on the head with a hatchet, then dragged her to the garage, put her in a car and drove to a parking lot to make it appear that she had been robbed.

Stobbe returned to the house by bicycle and called the RCMP to report his wife missing, Dawson said. He told them Rowbotham had gone out grocery shopping in the evening and he had fallen asleep, only to wake up after midnight and find her still gone.

The Crown will point to what it says are inconsistencies in what Stobbe told police, friends and relatives in the following days. He told some people he had fallen asleep on the couch and woke up at 1:30 a.m., but told others he had fallen asleep in one of his children's beds and woke up at 2:30 a.m., Dawson said. THE CANADIAN PRESS

End. Of an adventure



▶ Winnipeg's Don Starkell, perhaps best known for two astonishing paddling journeys that took him to the Amazon and to the Arctic, has died. See story on page 2.

IAN MCCAUSLAND/FOR METRO

Paddling to the beyond

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1 news

From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

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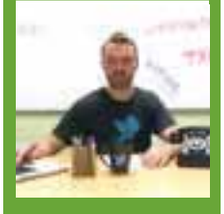

Twitter's awful recruitment video wants you and your droll wit. Watch at metronews.ca/video

Follow us on Twitter @metrowinnipeg

Crime. Scene

▶ Police tape is seen wrapped around an apartment building in the 400 block of Maryland Monday afternoon after reports of a sudden death. A stretcher was taken into the building through the back entrance on McGee Street, as investigators took pictures inside a suite on the south side of the building. Police did not release any information by press deadline.

SHANE GIBSON/METRO

Police investigate sudden death on Maryland

Snowmobile ban passed by city committee

- Number of delegations speak against proposed ban
- Motion still needs EPC and council approval

SHANE GIBSON
WINNIPEG@METRONEWS.CA

A City of Winnipeg committee has given the go-ahead for an all-out ban on the use of snowmobiles and ATVs on public land within Winnipeg, starting in 2014.

At a meeting of the city's protection and community services committee on Monday that saw several snowmobilers speak against the ban, councilors voted 3-1 in favour of the police-recommended plan.

The idea for the ban stems from the death of Ken Stammers, who was hit and killed by a snowmobile while walking his dog in a field near his home in Transcona last January.

Although police said they could begin implementing the new ban immediately, the committee changed the motion, delaying it by two years to give the city an opportunity to work towards creating staging areas that would tie into Snoman trails outside the city limits.

Coun. Ross Eadie was the lone vote against, noting the original motion recommended by police had a section that would have allowed staging areas — and even legal trails — built within the city while still implementing the ban immediately.

"I think you just have to ban it, and if community groups want to come and make a proposal to later establish a staging area or trail … they could negotiate that," he said following the meeting. "To me it just didn't make sense."

The motion still needs EPC and full council approval before becoming law.

Snowmobile facts

17,000 The number of snowmobilers living in Winnipeg.

35,000 The number of snowmobilers living in Manitoba.

2,242 The average number of km a single snowmobiler rides per year in Manitoba

90 The percentage of accidents that occur off groomed trails in Manitoba.

Committee passes along bid for arts funding

The Winnipeg Arts Council came to a city committee Monday looking for additional funding, and although it didn't leave with what it wanted, its plan to double its funding over the next eight years is moving forward.

The council asked for $500,000, plus the slightly more than $4 million it is set to receive this year.

While the city's protection and community services committee voted in favour of the motion to increase funding over the coming years, it stopped short of approving the money requested for this year.

"Some of the things they wanted to do with the money were not under our control, and wouldn't be allowed," explained Coun. Ross Eadie after the vote.

The motion now moves on to EPC. SHANE GIBSON

Fund for family growing

While friends, family and mourners packed Winnipeg's Grand Mosque Monday night to remember five killed in a fire last week, a fund for the family's funerals is closer to its goal. Hamid Farooq lost his mother, wife and three daughters in a house fire last Tuesday. About $26,000 is needed to fly the bodies back to Pakistan for burial. A trust fund set up at Assiniboine Credit Union currently sits at $18,000. METRO

Winnipeg adventurer, author Don Starkell dead at 79

ELISHA DACEY
@METRONEWS.CA

A Winnipeg man known for his adventures in the Arctic and the Amazon and his love of canoeing has died.

Don Starkell succumbed to cancer on Saturday. His family said he died at home with his son Dana by his side. He was 79.

Starkell was born in Winnipeg on Dec. 7, 1932. According to the Manitoba Sports Hall of Fame, which he was inducted into in 2006, Starkell "began paddling out of necessity and grew to love it for the freedom. A flood in Winnipeg in 1948 put him in his North Kildonan foster family's canoe to get supplies. Two years later at age 17, he was named the most outstanding novice at Kildonan Canoe Club in 1950."

Starkell was perhaps best known for his journey with Dana and his other son, Jeff. Starting from Winnipeg in June of 1982, the trio paddled 19,603 km to Belerm, Brazil.

For a full version of this story, visit metronews.ca/winnipeg

CONTRIBUTED

▶ Don Starkell

EDUCATION

Province boosts school funding

Another $25 million will be added to public-school funding after an announcement made by the NDP government on Monday.

Education Minister Nancy Allan said the 2.2 per cent in increased funding will be used to expand new programs.

All school divisions will receive at least the same level of funding they received last year, said Allan, and several divisions will see increases of more than 2.2 per cent.

Another $4 million will go to help school divisions begin reducing class sizes to 20 students. "We've made reducing class sizes to give our students more attention in their early years a priority," said Allan.

ELISHA DACEY

CONTRIBUTED/RCMP

▶ Police seized more than four dozen pot plants.

busted in Dauphin

RCMP found 53 pot plants along with a quantity of drying marijuana and growing equipment at a grow-op in Dauphin. A 54-year-old man has been charged.

METRO

And the sax came back

SEAN LEDWICH/METRO

▶ Flaming Trolley Dan Moroz and his sax, together again, performed Saturday with his band RasTamils at a fundraiser for the Winnipeg Folk Festival campground's Castle Boys.

The thief's on the run Metro story leads to return of instrument

SEAN LEDWICH
@METRONEWS.CA

Metro reported Friday that Dan Moroz's saxophone was stolen Wednesday from a downtown coffee shop.

The tale of its return began at 10 p.m. Friday night in the St. Regis Hotel.

Hotel security guard Brett Kolisnyk overheard a man talking about a stolen sax for sale.

"It sounded like the one in the Metro, so I was like, 'How much do you want for it?'" The man left the hotel to get the sax, thinking Kolisnyk might buy it for $200.

Kolisnyk called police, but before they showed, the man returned with the sax 20 minutes later.

There was then no doubt it was Moroz's sax, he said.

The man "freaked right out and took off" when told police were coming, and within minutes police walked in.

"I was like, 'Ah man, you guys just missed him,'" Kolisnyk said.

Const. Natalie Aitken said police searched the area, but did not find a suspect.

Kolisnyk, who volunteers with Downtown BIZ and has applied to be a police officer, said he recognized the man from a surveillance photo.

"He's a well-known … car thief, repeat offender," Kolisnyk alleged. "I was working alone, otherwise I would have detained him."

By Saturday night, Moroz and his sax were back on stage, grateful to Kolisnyk for reuniting them.

TRAGEDY

RCMP probes deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not suspect foul play.

The bodies of the children, their parents and a male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Firefighters called to the scene first entered the house using breathing apparatus, but later deemed it safe to go in without the equipment.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Harper ditches the sweater vest as Parliament resumes

SEAN KILPATRICK/THE CANADIAN PRESS

▶ People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic.

"They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act, changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough, transformative budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy — and perhaps a reopened federal spending spigot come 2014 — will be enough to win over voters angered by this year's tough medicine.

Deep cuts will rattle the public service and affect some government service delivery, but it is Harper's promise to tackle Old Age Security that is raising the most ire.

THE CANADIAN PRESS

Climate change drying up forests

Research shows forests in Alberta, Saskatchewan and Manitoba are drying up from drought caused by climate change, while the eastern boreal forest is holding its own.

A paper published Monday suggests the Prairie forests are already emitting more greenhouse gases than they absorb, challenging assumptions that global warming would improve growing conditions.

THE CANADIAN PRESS

Global warming

▶ The findings are bad news for those counting on forests to suck more carbon out of the atmosphere through growth than they emit as trees die and decompose. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

Girl-style bullying vs. boy-style bullying

CONTRIBUTED

▶ Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
WINNIPEG@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring," Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet

Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)

What's more hurtful — social alienation or physical bullying? Tweet us @metrowinnipeg

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.

Lucy Van Pelt
The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchman exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.

Nelson Muntz
Haw-hawing since 1990

Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.

MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

Tech firms battle phishing

Many of the biggest companies already using new DMARC system

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authenticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system asks email senders to share information about the email messages they send and receive.

15%

According to Google, about 15 per cent of non-spam messages in Gmail come from domains that are protected by DMARC.

THE ASSOCIATED PRESS

Washington. Protest

▶ Occupy D.C. demonstrators Ariana Kobel and Javier Ocasio kiss as they pack their belongings at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Occupy D.C. faces farewell

U.S. Park Police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months over economic inequality and other issues.

Canada will avoid housing crash: BMO

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.

The analysis by BMO economists suggests alarms about Canada's housing market by international observers, from the International Monetary Fund to The Economist magazine, are exaggerated or simplistic.

"The main takeaway is that the national housing market appears somewhat pricey, but is far removed from a bubble," said economists Sherry Cooper and Sal Guatieri in the report released Monday.

Even Toronto's hot condo market — one of the subjects of many of the warnings — is more likely to cool rather than collapse, BMO said, noting that a sharp decline in construction for rental units is stimulating demand for condos.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	$2.71 US (– 4¢ US)

Gold contracts $1,731 US (– $1.20 US)

PRICES AS OF 5 P.M. MONDAY

Monti looks to cut Italian lawmakers' salaries

Prime Minister Mario Monti is asking Italian lawmakers to take a salary cut as part of a broader effort to trim the privileges of the country's political elite.

The government said in a statement Monday that Monti sent a decree to the Chamber of Deputies and the Senate that would cap salaries for members of both houses of the Italian parliament — who are among the best-paid in Europe. THE ASSOCIATED PRESS

Target Canada seeking independent pharmacists

Target Canada will look for independent pharmacists to own and operate pharmacies in its stores under a franchise model when it opens its doors next year, the U.S. discount retailer said.

Target's arrival will increase competition with Canadian pharmacy chains such as Jean Coutu and Shoppers Drug Mart, which are also trying to lure independent pharmacists.

THE CANADIAN PRESS

Expansion in the works for Ottawa burger chain

An Ottawa-based hamburger chain is looking to open 50 new restaurants across Canada over the next five years.

The Works Gourmet Burger Bistro currently has 11 locations across Ontario including seven restaurants in the Ottawa area.

Chief executive Andy O'Brien says the company hopes to expand with a mix of franchise and corporate-owned locations across Canada. THE CANADIAN PRESS

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TAKING A PAGE OUT OF TEEN FANTASIES

SHE SAYS ...

METRO

I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquey Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like My Super Sweet Sixteen and Teen Mom to be equal parts horrific train wreck and totally engrossing must-see TV.

"From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section."

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like Degrassi (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

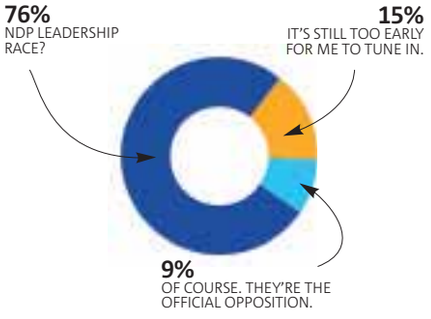
From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The Hunger Games, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.

Register at metropolitanpanel.ca and take the quick poll

Have you been following the NDP leadership race?



Local tweets

- **@Winnipeg Gordo:** Investors Group Field is bringing a new meaning to Unfinished Business for the #Bombers. They should start the season at Canad Inns. #CFL
- **@ShannonVanRaes:** If you're one of the impatient folks, too lazy to dive the extra half block to Cordyon and use my alley - slow down. Tree, fence hit already
- **@dvandewalle:** what are the chances my Dentist will mind my eating egg salad and peanut butter cups for lunch?
- **@Dj_Drux:** Its great to have six friends help u move! But now that's six friends I gotta help :p
- **@Syncwinnipeg:** R.I.P. Don Starkell, the man who paddled from Winnipeg to the Amazon. His story was the first to introduce me to the Amazon as a kid.
- **@Samfeal:** you know you go to the dog park too much when you drive past and recognize half the dogs ... & know their names #puppies
- **@WinnipegGordo:** Great hire by the #Bombers for their new OC. And to think people were saying all the best candidates were already hired. #CFL

Daily Zoom

AUTOSTADT / SOLENT

Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY. Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. MWN

1.5

metres per second – the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- **Umihotaru, Tokyo:** This rest/parking area is an artificial island that joins a bridge and tunnel.
- **Michigan Theater, Detroit:** Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- **Parkeringsbåt, Gothenburg, Sweden:** Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours. MWN

metro

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Science fiction or fact?

Tune in

- For more information on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality

The Terminator (1984)

In 1984, James Cameron's The Terminator terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).

Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in Back to the Future, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!

RoboCop (1987)

Set in the near future, 1987's RoboCop features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.

Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.

Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomComZom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.

Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship Serenity as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

2 scene

Scene in brief

ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's The Visitors album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years. Universal Music Group spokeswoman Mia Segolsson said Friday that the special edition of "The Visitors" - originally released in 1981 - will be available in stores from April 23. ABBA — Agnetha Faeltskog, Benny Andersson, Bjoern Ulvaeus and Anni-Frid Lyngstad — split in 1982. The band has never reunited.

THE ASSOCIATED PRESS

theatre for Canadian makers of Monsieur Lazhar.

From dating George Clooney to Steve-O?

Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES

Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equivalent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

MONICA WEYMOUTH

Steve-O

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

METRO

Jennifer Lopez

Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz them in from here?"

There's been no confirmation that Rumer was at the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her.

METRO

Demi Moore

Elton throws another shot at Madge

Elton John's ongoing media fight with Madonna continues.

During a Good Morning America interview Monday, he was asked what advice he had for her Super Bowl halftime performance.

"Make sure you lip sync good," he responded.

A good one, for sure. But it would have been a little sharper if he wasn't promoting the Pepsi Super Bowl commercial — that would be ***commercial***, not half time show — that he stars in with some random X Factor contestant.

Moments like these, Sir Elton, is what Madonna eats for breakfast.

METRO

Elton John

ISTOCK PHOTOS

▶ A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

Taking a short stroll may stop those impulses to reach for a treat

CELIA MILNE
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the University of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and alleviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

Cocoa Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

ISTOCK PHOTOS

The Truth About Vitamin C When I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. After all, since 1970, when Nobel-Prize winning chemist Linus Pauling wrote his popular book Vitamin C and the Common Cold, many people believed that this antioxidant cured colds.

Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of Best Health (the January/February issue is on newsstands now), and spoke to leading experts, she found that in fact Vitamin C, or ascorbic acid, has many other benefits on top of that.

It's important for the immune system, aids in the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

But wait — there's more: Science is showing it could help prevent stroke, lower the risk of breast cancer (and maybe even treat cancer), improve mood, treat bacterial vaginosis (which affects some 10 per cent of women and 30 per cent of pregnant women) and even improve skin and signs of aging when applied topically.

For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about how you might benefit.

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3 life

Heels

The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position. Women also risk hammer toes, bunions, dislocated or sprained ankles, fractures, and ligament tears by constantly wearing heels. The risk is increased when occasional heel wearers go out.

METRO

Research teams making progress collecting critical data on CCSVI: MS society

Hermano's lacks Latin soul

While some dishes are tasty, the service and presentation need work

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

SVJETLANA MLINAREVIC

Chivito sandwich ($14).

I'm a firm believer that when you do something with love, it shows. Apparently the love is waning at Hermano's Restaurant and Wine Bar.

While the restaurant is absolutely gorgeous — with vibrant colours and beautiful photography — it lacked love in its cuisine.

From my grumpy waitress to my thrown together Chivito sandwich, I felt like something was not right.

The Chivito ($14), a layered Uruguayan sandwich of smoked ham, steak, egg, and cheese was very tasty but built as if a two-year old made it. I have never had a sandwich that contained a whole hard boiled egg and clumps of grouped meat.

When I asked the waitress about this, she told me the chef must have not layered it. Why not?

There were two saving graces: Chicken Empanadas ($13), which were outstanding in their chipotle goodness, and Quilmes Beer Battered Pickerel Tacos ($13), which were very fresh.

The Black Gold ($10) chocolate cake and the Panqueque ($9) were tough, unimaginative and not worth the money.

This restaurant has the flavour but no heart.

Hermano's Restaurant & Wine Bar
179 Bannatyne Ave.
947-5434
hermanos.ca
Co-worker lunch: Yes
Price range: $6 - $61
Rating: 3 out of 5

THE CANADIAN PRESS H/O

Turkey with Avocado

Preparation:

1. In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temperature, about 10 minutes. Strain cucumbers, reserving juice.
2. Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced
- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Casual eats: easy steak sandwiches

Enjoy alongside some homemade oven fries or salad

THE CANADIAN PRESS H/O

This recipe serves six.

Preparation:

1. Rub steaks with olive oil; season with salt, pepper. Let stand 30 mins.
2. In heavy skillet, melt butter over medium-high heat. Add onions and thyme and cook 10 mins. or until onions are golden. Add red pepper, cook 1 min. Reduce heat to medium low, stirring occasionally, and cook 15 mins. or until peppers are very tender.
3. Heat ovenproof skillet over medium-high heat, add steaks and sear on both sides, about 2 mins. per side or until well browned. Transfer to 180 C (350 F) oven and cook 5 mins. for medium-rare or until desired doneness. Let rest 10 mins. before thinly slicing. Alternatively, grill over medium-high heat, turning once, until desired doneness.
4. Slice buns in half lengthwise. Divide steak over each bottom bun and top with onion mix. Sprinkle with crumbled cheese. Cover with bun tops.

THE CANADIAN PRESS/ HOMEGROWNONTARIO.CA/ RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper
- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie

WHY PAY TO SELL?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying $15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this, buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than $1,000 — a fraction of what an average home seller would pay in commission.

Sometimes less is more

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, Count on Yourself: Take Charge of Your Money, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSAs to deal with on a monthly basis.

HANDOUT

▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

TALKIN' ABOUT CORRECT TABLE MANNERS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

At Christmas, our extended family used different eating styles including Canadian (switching knife and fork), British (fork in your left hand, knife in your right) and Filipino (fork and spoon). I was taught to use Canadian table manners at home and in restaurants, unless eating at restaurants of different ethnicities. Is this outdated? I noticed that you had an earlier article about someone concerned about a dinner at his boss' house. Do you think that table manners will affect the way that person is perceived? (I personally think so, but again, perhaps I'm old-fashioned.) Also, do I use Canadian table manners when travelling? Thanks for your consideration, Laura Cogill

Dear Ms. Cogill,

As you well know, table manners are a big thing for me, not because I'm such a formal person, but rather because I adamantly believe that we are judged socially and professionally by the way we conduct ourselves at the table.

As to your question, it is absolutely correct in North America to eat in either of the two styles you describe — Canadian (correctly called American style) and British (correctly called Continental style).

Where Filipino style is concerned (which I just experienced last week while I was in the Philippines), while not wrong to use it in the Philippines or when eating in a Filipino restaurant, it is preferred that American or Continental methods be used while eating in North America.

Remember the expression "when in Rome ..."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶▶ Charles says to adjust your style of table manners to suit your current location.

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The ABCs of investing

Choose the right savings vehicle today to prepare for a better tomorrow

JANE DOUCET
FOR METRO

Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older can contribute up to $5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.

HEMERA/THINKSTOCK

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Budget basics to achieve goals

ISTOCKPHOTO/THINKSTOCK

▶ If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

Track your spending. If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

Summon your willpower. If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. JANE DOUCET

A whole new ball game?

Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before the stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where we were earlier in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

MORRY GASH/THE ASSOCIATED PRESS

▶ The New York Giants arrive in Indianapolis on Monday.

The loss still reverberates for former Patriots linebacker Rosevelt Colvin.

"To take it back years and years ... I don't think it has too much bearing on anything."

PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far before is immeasurably helpful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that.

"For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.

THE ASSOCIATED PRESS

16

Number of current Giants who played on their Super Bowl-winning team in 2008. Only seven Patriots from that game are still with New England.

CFL

Bombers give NCAA man keys to offence

The Winnipeg Blue Bombers hired Gary Crowton as their new offensive co-ordinator on Monday.

Crowton spent 2011 as the offensive co-ordinator at the University of Maryland. He joined the Terrapins after four seasons as offensive co-ordinator at LSU, where he captured the 2007 NCAA title.

"(Crowton's) experiences in the spread offence are very similar to type of offences that are prevalent in the CFL," Bombers head coach Paul LaPolice said in a statement. "He will be a great teacher for our players and his expertise at the NCAA level will be especially valuable for our younger roster."

Crowton takes over for Jamie Barresi, who was fired following the Blue Bombers' 34-23 loss to the B.C. Lions in the Grey Cup. THE CANADIAN PRESS

Jets shuffle decks with AHL St. John's call-ups

The Winnipeg Jets recalled forwards Aaron Gagnon and Spencer Machacek from the St. John's IceCaps of the American Hockey League on Monday.

Gagnon made his debut with the Jets last Tuesday against the New York Rangers. In 35 games with the IceCaps this season, the 26-year-old has 20 points (eight goals, 12 assists) and eight penalty minutes.

JIM MCISAAC/GETTY IMAGES FILE

▶ Aaron Gagnon

The Quesnel, B.C., native has played in 22 career NHL games with Dallas and Winnipeg, earning two assists.

Machacek, 23, has played in 44 games with the IceCaps this season, scoring 34 points (11 goals, 23 assists). The Lethbridge, Alta., native has played in 12 career NHL games with the Atlanta Thrashers.

In another move Monday, the Jets traded AHL forward Akim Aliu to the Calgary Flames for defenceman John Negrin.

THE CANADIAN PRESS

4 sports

Jets preview

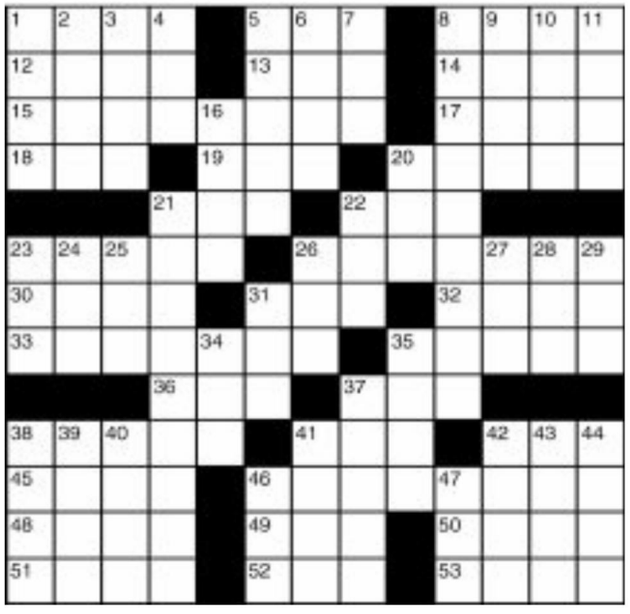
Winnipeg at Philadelphia
7 p.m.
TV: TSN-Jets

The Jets (22-22-6) head to Philadelphia (29-14-4) looking to resume their season by snapping a three-game losing streak. The Flyers are hopeful Jaromir Jagr (groin) will be ready to return after the break. If not, Brayden Schenn will take his spot on the top line. Schenn scored his third goal of the season in a 3-2 shootout win over Florida last Tuesday. Danny Briere and James van Riemsdyk are both out indefinitely with concussions.

THE CANADIAN PRESS

Scan code for more sports.

Crossword



Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home

Down

1 Village People hit
2 Count's counterpart
3 Malaria symptom
4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan
46 Toothpaste type
47 Qty.

▶ Monday's answer

Sudoku

			3					
		5		4		7		
		8	7				1	9
1		9			6			3
6								1
3			8			4		2
7	2				5	3		
		1		6		8		
					4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

5	7	2	6	4	3	1	9	8
8	4	3	1	9	7	2	6	5
1	9	6	2	8	5	3	4	7
9	5	1	7	6	2	8	3	4
3	2	8	5	1	4	9	7	6
4	6	7	8	3	9	5	2	1
7	3	9	4	5	8	6	1	2
2	1	5	9	7	6	4	8	3
6	8	4	3	2	1	7	5	9

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

My Prince
I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO
FROM YOUR DIRTY GIRL

tigress
i'd almost sleepwalked away from you, now i m turning around. my masks are off and its only you in my heart. I want you
YOUR PASSIONATE, DRAGON PRINCESS

BK
A day without laughter is a day wasted. Let's never waste another day. I love you
FROM KC

MehnerKing
Happy 1 Year Anniversary, Babe! I love you. You're the best babe ever, and you take the best care of me! I love you every minute of everyday. You're the hottest. Thank you for all you do. I love you most! xo
FROM LIL PRINCESS BEAUTIFUL

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

TUESDAY	WEDNESDAY	THURSDAY
Min -3° Max 4°	Min -6° Max 2°	Min -8° Max 1°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21
If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21
Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22 Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug.23
Life should be about people, not profits.

♍ Virgo Aug. 24- Sept. 22
If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23
You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22
You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

♐ Sagittarius Nov. 23-Dec. 21 Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20
You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18
Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

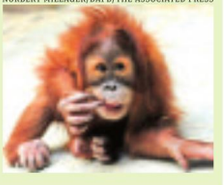
♓ Pisces Feb. 19-March 20
Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

SALLY BROMPTON

Caption contest

PETER DEJONG/THE ASSOCIATED PRESS

NORBERT MILLAUER/DAPD/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

Do your resolutions include finding a new career?
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You are invited to participate

in Saving the Planet and Drive It Forever

When our great, great grandchildren finally work out how to solve the selfish errors of our time, we will be considered primitive. Shouldn't we bring simple common sense to everything we buy. That new car that you just purchased is going to last forever – either in a far off valley of rusting metal; or on the road. Fortunately the engineers at Quaker State® have introduced the Next Generation of specialty motor oils; so now you can Drive It Forever.

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